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**IN THE CLAIMS:**

Please amend the claims as shown in the following claim listing.

1. (Cancelled).
2. (Currently Amended) A self-treatment process for periodontal patients with gingival detachment of about 3 mm and greater ~~and with a risk of heart disease~~, comprising the step of physically removing biofilms on a daily basis from supragingival, interproximal and subgingival tooth surfaces and simultaneously controlling inflammation related substances associated with heart disease by administering soft abrasives onto:
  - a[[.]] ) supragingival tooth surfaces with toothbrushing,
  - b[[.]] ) interproximal tooth surfaces with proxy brushing, and
  - c[[.]] ) interproximal and subgingival surfaces with flossing.
3. (Currently Amended) The process of Claim 2, wherein:
  - a[[.]] ) toothbrushing is carried out with a ribbed and grooved toothbrush in combination with a soft abrasive containing toothpaste, wherein the combination physically works soft abrasive into supragingival plaque,
  - b[[.]] ) proxy brushing interproximal spaces not reached with toothbrushing is carried out with a ribbed and grooved bristled proxy brush in combination with a soft abrasive containing proxy gel, wherein the combination physically works soft abrasive into interproximal biofilms, and

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c[[.]] } flossing subgingival and interproximal spaces not reached by toothbrushing and proxy brushing is carried out with an interproximal and subgingival flossing device containing releasable soft abrasive, wherein said device physically works released soft abrasives into interproximal and subgingival biofilms.

4. (Previously Presented) The process of Claim 3, wherein said proxy gel contains a therapeutic substance.

5. (Previously Presented) The process of Claim 3, wherein said flossing device contains a releasable therapeutic substance.

6. (Original) The process of Claim 3, wherein said flossing device is selected from the group consisting of multifilament floss, texturized multifilament floss, PTFE tape and elastomeric tape.

7. (Currently Amended) The process of Claim 14 [[2]], wherein said proxy gel and said flossing device each contain an anti-inflammation related substance associated with the treatment of heart disease.

8. (Withdrawn) A system adapted for self-administering soft abrasive onto biofilms on the supragingival, interproximal and subgingival tooth surfaces of periodontal patients with gingival detachment of at least about 3 mm, said system comprising two or more devices selected from the group consisting of toothbrushes, proxy brushes and flossing devices and combinations thereof.

9. (Currently Amended) The self-treatment process of Claim 2 [[1]], wherein at least two dental devices are used, each more than once a day.

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10. (Currently Amended) The self-treatment process of Claim 2 [[1]], wherein at least three dental devices are used, each more than once a day.

11. (Currently Amended) The self-treatment process of Claim 2 [[1]], wherein at least one dental devices is used, after every meal or snack.

12. (Previously Presented) The process of claim 4, wherein the therapeutic substance is selected from the group consisting of fluoride, cetyl pyridinium chloride, triclosan, chlorhexidine digluconate, metronidazole, doxycycline, tetracycline, minocycline and mixtures thereof.

13. (Previously Presented) The process of claim 5, wherein the therapeutic substance is selected from the group consisting of fluoride, cetyl pyridinium chloride, triclosan, chlorhexidine digluconate, metronidazole, doxycycline, tetracycline, minocycline and mixtures thereof.

14. (New) The self-treatment process of Claim 2, wherein the patient further has heart disease.

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